

INDEX, Volume 88, Numbers 1, 2, 3, 4

- Angeline, Fran, Learning on the Field, 88: 2, 9.
- Black, William, The Scientific Bases of Training for Middle Distance Running, 88: 2, 45.
- Burke, Sandy, Shot Put & Discus Throw, 88: 3, 25.
- Crawford, Terry, The 800—Middle Distance Event, 88: 2, 19.
- Dales, George G., Index: Volume 88, Numbers 1, 2, 3, 4, 88: 4, 47.
- _____, National Track & Field Hall of Fame Research Library, 88: 3, 48.
- Dare, Bernie, University of Tennessee Women's Sprint Training Program, 88: 1, 17.
- _____, Vo2max, Training and Other Factors, 88: 2, 43.
- deHegedus, Jorge, Guidelines for Specific Athletic Training, 88: 2, 40.
- Diemer, Brian, Progressive Training Towards a Peak, 88: 2, 32.
- Doolittle, Dorothy, The Horizontal Jumps, 88: 4, 10.
- Durck, Craig, Squat and Power Clean Relationships to Sprint Training, 88: 1, 47.
- Field, Richard W., Free Weights in the Training of Athletes and Their Correct Application, 88: 3, 38.
- Frale, Bob, Pole Vault Training, 88: 4, 34.
- Gainey, Lewis, Georgia Sprint Program, 88: 1, 14.
- Gartland, John, Developing Speed in Cross Country Runners, 88: 2, 29.
- Grace, Ken, Training Principles for Successful Distance Running, 88: 2, 34.
- Hassard, Jerry, Training Considerations for Coaching the Cross Country & Distance Runner, 88: 2, 24.
- Health & Fitness News Services, How to Prevent Shin Splints, 88: 2, 42.
- Heisler, Randy, Teaching Steps and Drills in Discus Throwing, 88: 3, 35.
- Huntsman, Stan, Sprinting, 88: 1, 11.
- Johnson, Jan, Pole Vault—Increasing Safety & Reducing Costs, 88: 4, 32.
- _____, Pole Vault Technique & Training Guidelines, 88: 4, 27.
- Johnson, Jim, Lack of Youth Fitness—A National Concern, 88: 2, 5.
- Johnston, Dave, Jumper's Circuits, 88: 4, 43.
- _____, The Speed/Power Flop—Is It A Natural?, 88: 4, 19.
- Jones, Max, The Test Quadrathlon, 88: 3, 43.
- Karikosk, Olav, Thoughts About Running Training (Arthur Lydiard, Harry Wilson), 88: 2, 14.
- Kernan, John K., Charting the Cross Country Microcycles, 88: 2, 27.
- Kimiecsek, Jay, Changing the Structure of Youth Sports—Interviews with Anita DeFrantz, 88: 2, 6.
- Kontor, Ken, Four Cornerstones to Olympic Success, 88: 2, 10.
- Landry, Dennis, Editorial: Canadian Track & Field Journal, 88: 2, 11.
- Lober, Bob, Traverse City Pole Vault Practice, 88: 4, 22.
- Mann, Ron, Middle Distance Training, 88: 2, 16.
- Mason, Herman L., Mile-stone, 88: 2, 4.
- McEachran, Ron, Fundamentals of Discus Throwing, 88: 3, 33.
- McFarlane, Brent, 25 Steps to a Continuous Warm-up, 88: 1, 46.
- _____, High Performance Hurdling—The Women's 100m Hurdles, 88: 1.
- Mero, Anti, Paavo Komi, Pekka Luhtanen, Peter Susanka, Kinematics of Top Sprint (400m) Running in Fatigued Conditions, 88: 1, 42.
- Modern Athlete & Coach, Periodization, 88: 2, 23.
- Mulloy, Dan, Discus, 88: 3, 32.
- _____, Shot Put, 88: 3, 20.
- Murray, David W., Middle Distance Running, 88: 2, 18.
- Muthiah, C. M., Training and Competitions, 88: 2, 12.
- Myers, Bob, Jumps Training Inventory, 88: 4, 36.
- _____, Mechanics of the High Jump, 88: 4, 17.
- _____, Periodization for the High Jump, 88: 4, 24.
- _____, Training for Jumps and Multi Events, 88: 4, 38.
- Otrando, Bob, Quantifiable Concepts of Rotational Shotputting, 88: 3, 21.
- _____, The Power Clean Aiding Athletic Performance, 88: 3, 36.
- Pepin, Gary, The Long Jump, 88: 4, 5.
- _____, The Triple Jump, 88: 4, 12.
- Phillips, Bob, On the Right TAC—Person to Person with Ollan Cassell, 88: 3, 10.
- Pipe, Andrew, The Making of a Champion—Chemistry or Coaching? 88: 3, 4.
- Poltas, Edward W., Olympics and the Real World, 88: 4, 4.
- President's Council, Fitness & Sport, National School Biomechanical Qualities of Training Leg's Movement in the Final Put of a Shot Put, 88: 2, 24.
- Railsback, Dick, Hurdling: High-Intermediate-Low, 88: 1, 24.
- Redding, Jay A., General Thoughts on Training and Coaching Throwing Events, 88: 3, 15.
- Reiff, Mark A., Hydroplis: A Safe Efficient Plyometric Workout, 88: 4, 45.
- Roncarati, Alfred, Prepubescent Strength Training: Is It Worth the Effort? 88: 3, 40.
- Rose, Jack, California State Long Beach Suspends Track & Field: What to do When It Happens to You, and It Will, 88: 1, 4.
- Running Times, Why Can't Americans Compete? 88: 2, 4.
- Saraslanids, Plutarchos, Trends in Juniors' Training in 110m Hurdles Research from the 1st World Junior Championships—Athens, 1986, 88: 1, 38.
- Schopp, Duanne, Improving Aerobic Fitness, 88: 2, 36.
- Shannon, Ken, Explanation of Shot Put Drills, 88: 3, 23.
- _____, Fundamentals for the Throw, 88: 3, 13.
- _____, Keys for Coaching the Discus Throw, 88: 3, 34.
- _____, Keys for Coaching the Shot Put, 88: 3, 23.
- Silvester, L. Jay, Discus Throwing, 88: 3, 30.
- _____, The Shot Put, 88: 3, 19.
- Stevenson, Carol, Mileage Illusions and Limitations in Women's Distance Running, 88: 2, 30.
- The Rutherford Institute, Intercollegiate Athletic Associations and Drug Testing Under Constitutional Scrutiny: Fourth Amendment Perspectives, 88: 3, 9.
- Tribble, Evelyn, Carbohydrate Loading—New and Improved, 88: 2, 41.
- Weis, Dick & Paul Larkins, Planning Training & Racing for the Middle Distance Runner in Cross Country and Track, 88: 2, 21.

INDEX, Volume 88, Numbers 1, 2, 3, 4

- Angeline, Fran, Learning on the Field, 88: 2, 9.
- Black, William, The Scientific Bases of Training for Middle Distance Running, 88: 2, 45.
- Burke, Sandy, Shot Put & Discus Throw, 88: 3, 25.
- Crawford, Terry, The 800—Middle Distance Event, 88: 2, 19.
- Dales, George G., Index: Volume 88, Numbers 1, 2, 3, 4, 88: 4, 47.
- _____, National Track & Field Hall of Fame Research Library, 88: 3, 48.
- Dare, Bernie, University of Tennessee Women's Sprint Training Program, 88: 1, 17.
- _____, Vo2max, Training and Other Factors, 88: 2, 43.
- deHegedus, Jorge, Guidelines for Specific Athletic Training, 88: 2, 40.
- Diemer, Brian, Progressive Training Towards a Peak, 88: 2, 32.
- Doolittle, Dorothy, The Horizontal Jumps, 88: 4, 10.
- Durck, Craig, Squat and Power Clean Relationships to Sprint Training, 88: 1, 47.
- Field, Richard W., Free Weights in the Training of Athletes and Their Correct Application, 88: 3, 38.
- Frale, Bob, Pole Vault Training, 88: 4, 34.
- Gainey, Lewis, Georgia Sprint Program, 88: 1, 14.
- Gartland, John, Developing Speed in Cross Country Runners, 88: 2, 29.
- Grace, Ken, Training Principles for Successful Distance Running, 88: 2, 34.
- Hassard, Jerry, Training Considerations for Coaching the Cross Country & Distance Runner, 88: 2, 24.
- Health & Fitness News Services, How to Prevent Shin Splints, 88: 2, 42.
- Heisler, Randy, Teaching Steps and Drills in Discus Throwing, 88: 3, 35.
- Huntsman, Stan, Sprinting, 88: 1, 11.
- Johnson, Jan, Pole Vault—Increasing Safety & Reducing Costs, 88: 4, 32.
- _____, Pole Vault Technique & Training Guidelines, 88: 4, 27.
- Johnson, Jim, Lack of Youth Fitness—A National Concern, 88: 2, 5.
- Johnston, Dave, Jumper's Circuits, 88: 4, 43.
- _____, The Speed/Power Flop—Is It A Natural?, 88: 4, 19.
- Jones, Max, The Test Quadrathlon, 88: 3, 43.
- Karikosk, Olav, Thoughts About Running Training (Arthur Lydiard, Harry Wilson), 88: 2, 14.
- Kernan, John K., Charting the Cross Country Microcycles, 88: 2, 27.
- Kimiecsek, Jay, Changing the Structure of Youth Sports—Interviews with Anita DeFrantz, 88: 2, 6.
- Kontor, Ken, Four Cornerstones to Olympic Success, 88: 2, 10.
- Landry, Dennis, Editorial: Canadian Track & Field Journal, 88: 2, 11.
- Lober, Bob, Traverse City Pole Vault Practice, 88: 4, 22.
- Mann, Ron, Middle Distance Training, 88: 2, 16.
- Mason, Herman L., Mile-stone, 88: 2, 4.
- McEachran, Ron, Fundamentals of Discus Throwing, 88: 3, 33.
- McFarlane, Brent, 25 Steps to a Continuous Warm-up, 88: 1, 46.
- _____, High Performance Hurdling—The Women's 100m Hurdles, 88: 1.
- Mero, Anti, Paavo Komi, Pekka Luhtanen, Peter Susanka, Kinematics of Top Sprint (400m) Running in Fatigued Conditions, 88: 1, 42.
- Modern Athlete & Coach, Periodization, 88: 2, 23.
- Mulloy, Dan, Discus, 88: 3, 32.
- _____, Shot Put, 88: 3, 20.
- Murray, David W., Middle Distance Running, 88: 2, 18.
- Muthiah, C. M., Training and Competitions, 88: 2, 12.
- Myers, Bob, Jumps Training Inventory, 88: 4, 36.
- _____, Mechanics of the High Jump, 88: 4, 17.
- _____, Periodization for the High Jump, 88: 4, 24.
- _____, Training for Jumps and Multi Events, 88: 4, 38.
- Otrando, Bob, Quantifiable Concepts of Rotational Shotputting, 88: 3, 21.
- _____, The Power Clean Aiding Athletic Performance, 88: 3, 36.
- Pepin, Gary, The Long Jump, 88: 4, 5.
- _____, The Triple Jump, 88: 4, 12.
- Phillips, Bob, On the Right TAC—Person to Person with Ollan Cassell, 88: 3, 10.
- Pipe, Andrew, The Making of a Champion—Chemistry or Coaching? 88: 3, 4.
- Poltas, Edward W., Olympics and the Real World, 88: 4, 4.
- President's Council, Fitness & Sport, National School Biomechanical Qualities of Training Leg's Movement in the Final Put of a Shot Put, 88: 2, 24.
- Railsback, Dick, Hurdling: High-Intermediate-Low, 88: 1, 24.
- Redding, Jay A., General Thoughts on Training and Coaching Throwing Events, 88: 3, 15.
- Reiff, Mark A., Hydroplis: A Safe Efficient Plyometric Workout, 88: 4, 45.
- Roncarati, Alfred, Prepubescent Strength Training: Is It Worth the Effort? 88: 3, 40.
- Rose, Jack, California State Long Beach Suspends Track & Field: What to do When It Happens to You, and It Will, 88: 1, 4.
- Running Times, Why Can't Americans Compete? 88: 2, 4.
- Saraslanids, Plutarchos, Trends in Juniors' Training in 110m Hurdles Research from the 1st World Junior Championships—Athens, 1986, 88: 1, 38.
- Schopp, Duanne, Improving Aerobic Fitness, 88: 2, 36.
- Shannon, Ken, Explanation of Shot Put Drills, 88: 3, 23.
- _____, Fundamentals for the Throw, 88: 3, 13.
- _____, Keys for Coaching the Discus Throw, 88: 3, 34.
- _____, Keys for Coaching the Shot Put, 88: 3, 23.
- Silvester, L. Jay, Discus Throwing, 88: 3, 30.
- _____, The Shot Put, 88: 3, 19.
- Stevenson, Carol, Mileage Illusions and Limitations in Women's Distance Running, 88: 2, 30.
- The Rutherford Institute, Intercollegiate Athletic Associations and Drug Testing Under Constitutional Scrutiny: Fourth Amendment Perspectives, 88: 3, 9.
- Tribble, Evelyn, Carbohydrate Loading—New and Improved, 88: 2, 41.
- Weis, Dick & Paul Larkins, Planning Training & Racing for the Middle Distance Runner in Cross Country and Track, 88: 2, 21.

